

# BREAKFASTMENU

Grades K-12

Monday   8	<ul> <li>Assorted Cereal &amp;</li> <li>Whole Grain</li> <li>Graham Crackers</li> <li>Assorted Muffins</li> </ul>	Fresh Apple Slices Nonfat or 1% White Milk	= Vegetarian	
Tuesday   9	<ul> <li>Cheese Omelet &amp;</li> <li>Biscuit</li> <li>Assorted Muffins</li> <li>•</li> </ul>	All-Mixed-Up Fruit Cup 100% Apple Juice Nonfat or 1% White Milk	= Vegan  = Locally Sourced  Student's choice of skim or 1% hormone-free milk provided at every meal	
Wednesday   10	<ul><li>Pumpkin Bread</li><li>Assorted Muffins</li></ul>	Mandarin Oranges Nonfat or 1% White Milk	Food Celebrations Welcome Back! Here are	
Thursday   11	NO SCHOOL		some exciting ways to stay engaged with your food this school year. Super Bites 11/10 Fall Harvest/Holiday Meal11/23	
Friday   12	<ul><li>Fruit &amp; Yogurt</li><li>Parfait</li><li>Assorted Muffins</li></ul>	Diced Peaches Nonfat or 1% White Milk	International food day 11/9 Chickpea and Potato Curry	

**SIDES** 

**ENTREES** 

This menu is subject to change based upon availability

### **Open Meal Sites** Ballou High School

Columbia Heights Education Campus

\*Assorted Cereals - Cheerios, Rice Chex, Cinnamon Chex, Golden Graham, Raisin Bran

\*Assorted Muffins – Apple, Blueberry

This Institution is an Equal Opportunity Provider



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	ENTREES	SIDES		
Monday   15	<ul> <li>Assorted Cereal &amp; Whole Grain Graham Crackers</li> <li>Assorted Muffins</li> </ul>	<ul> <li>Fresh Orange</li> <li>100% Orange</li> <li>Juice</li> <li>Nonfat or 1% White</li> <li>Milk</li> </ul>	, stereo	
Tuesday   16	<ul> <li>Whole Grain Bagel w/ Cream Cheese</li> <li>Assorted Muffins</li> </ul>	<ul> <li>Chilled Pineapples Tidbits</li> <li>Nonfat or 1% White Milk</li> </ul>	= Vegetarian  = Vegan  = Locally Sourced  Student's choice of skim or	
Wednesday   17	<ul><li>Turkey Sausage</li><li>Biscuit Sandwich</li><li>Assorted Muffins</li></ul>	Fresh Apple Nonfat or 1% White Milk	1% hormone-free milk provided at every meal	
			Food Celebrations	
Thursday   18	<ul><li> Zucchini Bread</li><li> Assorted Muffins</li></ul>	<ul><li>All-Mixed-Up Fruit Cup</li><li>Nonfat or 1% White Milk</li></ul>	Welcome Back! Here are some exciting ways to stay engaged with your food this school year.  Super Bites 11/10	
Friday   19	<ul> <li>Cheesy Grits/Hard Boiled Egg/Whole Grain Biscuit</li> <li>Assorted Muffins</li> </ul>	<ul><li>Applesauce</li><li>Nonfat or 1% White Milk</li></ul>	Fall Harvest/Holiday Meal11/23 International food day 11/9 Chickpea and Potato Curry	

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<sup>\*</sup>Assorted Muffins – Apple, Blueberry



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		31523	
Monday   22	<ul> <li>Assorted Cereal &amp; Whole Grain         Graham Crackers</li> <li>Assorted Muffins</li> </ul>	Fresh Apple Slices Nonfat or 1% White Milk	244
Tuesday   23	<ul> <li>Cheese Omelet &amp;</li> <li>Biscuit</li> <li>Assorted Muffin</li> <li>•</li> </ul>	All-Mixed-Up Fruit Cup 100% Apple Juice Nonfat or 1% White Milk	= Vegeta = Vegan = Locally  Student's choice
Wednesday   24	NO SCHOOL		1% hormone-free provided at every
			Food Celeb
Thursday   25	NO SCHOOL		Welcome Back! some exciting we stay engaged w food this school y Super Bites 11/10
Friday   26	NO SCHOOL		Fall Harvest/Holid Meal11/23 International foot

**ENTREES** 

**SIDES** 

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- \*Assorted Cereals Cheerios, Rice Chex, Cinnamon Chex, Golden Graham, Raisin Bran
- \*Assorted Muffins Apple, Blueberry

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Ballou High School Columbia Heights **Education Campus** 



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Grades K-12

	ENTREES	SIDES	
Monday   29	<ul> <li>Assorted Cereal &amp; Whole Grain Graham Crackers</li> <li>Assorted Muffins</li> </ul>	<ul> <li>Fresh Orange</li> <li>100% Orange</li> <li>Juice</li> <li>Nonfat or 1% White</li> <li>Milk</li> </ul>	410
Tuesday   30	<ul> <li>Assorted Muffins</li> </ul>	<ul> <li>Chilled Pineapples         Tidbits</li> <li>Nonfat or 1% White         Milk</li> </ul>	= Vegetarian = Vegan = Locally Source
Wednesday   1	<ul> <li>Turkey Sausage</li> <li>Biscuit Sandwich</li> <li>Assorted Muffins</li> </ul>	Fresh Apple Nonfat or 1% White Milk	Student's choice of skim 1% hormone-free milk provided at every meal
Thursday   2	<ul><li>Zucchini Bread</li><li>Assorted Muffins</li></ul>	<ul> <li>All-Mixed-Up Fruit Cup</li> <li>Nonfat or 1% White Milk</li> </ul>	Food Celebratio  Welcome Back! Here ar some exciting ways to stay engaged with your food this school year.
Friday   3	<ul> <li>Cheesy Grits/Hard         Boiled Egg/Whole         Grain Biscuit</li> <li>Assorted Muffins</li> </ul>	<ul><li>Applesauce</li><li>Nonfat or 1% White Milk</li></ul>	Super Bites 11/10 Fall Harvest/Holiday Meal11/23 International food day 11/9 Chickpea and Potato Curry

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### orations

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